

BRIDGES

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Ruby Slipper event supports Habitat for Humanity's 100K in 100 Days **P.12**

SPACES:

Even the furniture is artwork in beautifully eclectic home **P.14**

WINE WORLD:

Try a far mixed drink with a Saskatoon fruit wine twist **P.29**

WEDNESDAY, NOVEMBER 19, 2014

A STARPHOENIX COMMUNITY NEWSPAPER

WHEN A CITY SADDLES UP

HOW AGRIBITION BECAME
THE BEST FARM SHOW
BY A COUNTRY MILE **P. 5**



FREE

AGRIBITION CEO
MARTY SEYMOUR

B THESTARPHOENIX.COM/BRIDGES FACEBOOK.COM/BRIDGESYXE TWITTER.COM/BRIDGESYXE BRIDGESYXE.TUMBLR.COM

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

MELISSA WOLLMAN AND DEBBIE P. STAHL

Sarah's Journey: The Story of A Hutterite Woman

The book we have written, *Sarah's Journey: The Story of A Hutterite Woman*, about our ancestor is the story of a woman's life played out against the larger background of her people's destiny.

Hutterites are Anabaptist Christians, an offshoot of the Protestant Reformation. From their beginnings in the mountains of South Tyrol in the 16thc, their search for religious freedom led them from country to country across Eastern Europe for more than two centuries, culminating in virtually the entire people's migration to America in 1875-1879.

The first Hutterite settlements were in South Dakota. Later ones migrated to Alberta, Saskatchewan and Manitoba, led to the establish-

ment of communities that still exist today.

Our book takes place in the latter part of this world history. Sarah Stöckl Wollman was born in Ukraine, emigrated to South Dakota and died in Alberta. She lived an interesting life, as her people strove to make a home for themselves while retaining their ancestral values in this new land.

The research into our great great grandmother's life began either in curiosity (initially) then grew into a few conversations with relatives to discover more of this ancestor of whom we had always heard of in family lore. As details of her life and times began to emerge from a few personal memories and many

second hand recollections, it almost began to have a sense of urgency. Many people, everyday told us "There's this person could have told you more, but they've passed on already."

This made it compelling to gather as much information as we could could and in the process certain periods of history took on close life like depths. The unshared mystery to Sarah's life had far reaching effects in the lives of her descendants. It became not only the history of someone who lived long ago, but rather a prodigal, as it were, to our own modern day story.

Perhaps the crystallizing moment in our search came when we unexpectedly received a letter by that that

our ancestor had written almost 100 years ago. A scholar of Hutterite history had discovered the letter in the archives of an old newspaper; and bearing of our search, passed it on.

In reading the letter, we heard the voice of our great great grandmother coming through the long years her (even us, out of the silence of those who are gone, making our search intensely real. Here was the voice of a woman, talking of her children, mentioning little happenings among her people, sharing the joys and hardships of her life and testifying to deep faith in God even in sorrow.

Perhaps this book may inspire you to take your own journey to discover your ancestors' story. It is available at Amazon.ca.

SARAH'S JOURNEY

THE STORY OF A HUTTERITE WOMAN



By Melissa Wollman
and Debbie P. Stahl

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ON THE COVER PG. 5



Canadian Western Agriculture CEO and president, Jeffery Serrhini has helped make the annual Agriculture Showcase one of the best in the world! **#BRIDGES** features DON HEALY

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A beautifully eclectic home in Regina has a decor that is bright and light. Mid-century modern meets art gallery. **#BRIDGES** meets DON HEALY

BRIDGES COVER PHOTO BY DON HEALY

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IN THE CITY

NOVEMBER 16, 2014 — 1:42 P.M.

Puppy's parade



A dog from New Hope Dog Rescue is bundled up during the 20th Annual Seattle Chut Fête and downtown Seattle on Nov. 16. (Photo by MICHELLE RICE)

ON THE COVER

... In a lot of ways, Agribition's a bit of a marriage broker. — Marty Seymour

CANADIAN WESTERN AGRIBITION

Telling the food story



Canadian Western Agribition CEO and president Marty Seymour speaks highly of the hundreds of people who put agribition on as days here, says the tall, amiable Agribition CEO.

By Will Chaboun

Marty Seymour tells a story about the day he was trying to make a good impression—taking some bank executives on a walking tour of the Canadian Western Agribition, the annual business agribusiness show that they were heads — when they came to a copy of the bank's corporate logo — on a wall behind a cattle loading chute and a dumpster.

"There was — how to put this politely? — one poop on the bank's sign."

Seymour was mortified. The bankers? They laughed.

Seymour tells that story to make a point—there's something about this annual livestock show consumer fair and entertainment extravaganza that has everybody pulling together to make sure it comes off OK. Because, it's like a Prairie wedding — you make it work.

The wedding analogy is appropriate in another way. For Seymour

and his staff, the game is to link and fuse that "It's like 60 weddings in one day here," says the tall, amiable Agribition CEO.

Seymour likes the wedding metaphor. In a 2011 interview talking about Agribition's past and present focus on a cattle show, he said: "People want to see the people they're dealing with build a relationship (too) do some transactions. So in a lot of ways, Agribition's a bit of a marriage broker."

Seymour is also kind of another

word "people."

He talks with enthusiasm about everybody involved with putting on Agribition, from its eight full-time employees (who log 12- and 14-hour days as the big show approaches), the approximately 200 seasonal staff, around 600 volunteer members of their local, some of them from all across B.C. and across a volunteer staff at Agribition into their annual holiday plans. He salutes Exras Place's staff and says that when you're putting on a big public event like this, "I think

the jack-of-all staff is equally important."

And speaking of people, those of us who attend as visitors seem to like it — a lot. For the last few years, attendance has been around 225,000 people, which makes it's one of the four biggest agribusiness shows in its class in North America.

Locally, Agribition (which runs Nov. 14-21) is second only to the QC Exras summer fair in getting people onto Exras Place.

Continued on page 8

It frightened us enough, to the point where we wondered what we were going to do about it.

— Larry Schneider



Agribusiness CEO Mary Scrimmer (front center) and her staff. From left to right: Lucy Agnew, office administrator and executive assistant; marketing manager Sarah Howat; trade show manager Garry Hodges; Seymour Jewett; and sales manager Sherrin Aches. Agribusiness events co-ordinator for Rensselaire sponsorship manager Darryl Lefebvre and Sylvia Doyle, finance manager. 880073 PHOTO BY STEVE GILLESPIE

"It works so well because it's not winter demand. To pick up a shovel pick up a horse or open a pole — they're not directed by staff."

"And as well that comes as in horse position."

Now question of a different kind, for this story begins with, or sex. Back in the late 1960s, ranchers in the Canadian Prairies were feeling pretty confident about the quality of cattle they were breeding

And being sensible businessmen they wanted to make sure potential buyers knew this.

But they were a little tired of putting cattle onto railcars for the one big Canadian cattle show held in those days, the Royal Winter Fair in Toronto, as it cost considerable money and about 30 days of a cattlemen's time to make the trip. In her 1980 history of Agribusiness's first 50 years, author Beattie

Stephenson says a group of ambitious Prairie cattlemen (including Chris Sutter and Jim Lowthall) had no idea, after a trip to the National Western Stock Show in Denver (which tells itself as the "world's largest stock show") they wondered if Western Canada didn't deserve a show.

Why it could be held in Regina, more or less in the centre of the Canadian Prairies and close to the

best cattle country in the U.S. (Regina also was one of the few centres with facilities for such a show — at what used to be called "the exhibition grounds").

Back in Regina, Sutter talked his way into the office of then premier Ross Thatcher, a cattlemen hat, self and said the idea of adding a high-quality cattle show to the existing Muskegon ("mechanical exhibition") trade show for

farms supported by the provincial department of agriculture. Thus, the very first Canadian Western Agribusiness was held in the late autumn of 1971. Stephenson's book makes alternative names that were proposed: The Saskatchewan Little Winter Fair, The Royal Fair Inter national Golden Prairie Livestock Show and Sale and The Canadian Cattle Derby.

Continued on Page 8

I think you're going to see, in the next 10 years, the growth of 'the food story.' It links back to people wanting to know where their food comes from — who raises the food? — Seymour

Seymour says he's learned that Agribusiness evolved through several distinct stages.

The 1930s were the early days when ranchers learned what would work — and what wouldn't. The idea of international buyers probably didn't occur to the early ranchers, Seymour says. But it didn't need written Western Canada.

Old timers told him there was "local pressure from your neighbours to come and support this thing" cause we want this to work," said Seymour.

The 1960s was the era of exotic cattle breeds and the rise of international trade and buyers as the transportation of buyers and animals became easier, quicker and more affordable.

The 1990s saw the arrival of what he calls "every" imaginable breed of specialty livestock: elk, antelope, emu and llama. Gradually, more and more entertainment was added.

On a more somber note, there were the years after 2003 and the discovery of a case of bovine spongiform encephalopathy

(BSE, a neurological disease known to humans as "mad cow disease") in Canada and the subsequent closing of the U.S. border to our beef exports that meant fewer places to sell beef, and lower prices. So until about 2000, there was what Seymour calls a "right climate" of the entire practice of Agribusiness. The live cattle trade fell off, when dance-factured and the show brand "is new business."

That's why Seymour figures Agribusiness is a little like Pot K. Just as the amount of business the potter must do is a marginally accurate barometer of the U.S. economy, Seymour figures that Agribusiness is a good measure of the health of the livestock sector, in particular, and Canadian agribusiness in general.

And this overall seems to be "our trade show is essentially sold out."

Yes, the crop sale of 10,000 "collected on their commitment" on the face of a late harvest and a crop that, inevitably is smaller than 2013's bumper crop. "They're still hanging," Seymour said.



Historical photo of the horse competition at the Canadian Western Agribition in 1977. LEANNE POST FILE PHOTO FOR CANADIAN PRESS



SUTHERLAND CURLING CLUB DOLLAR DAYS LOTTO

ONE DRAW every 12 hrs

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or email us at: info@habitatcanada.com

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with
blossoms

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Join us for a day of flower cheer &

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live flowers, music, and sampling

live flowers, music, and sampling

live flowers, music, and sampling

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When you're putting on a big public event like this, I think the janitorial staff is equally important."

—Seymour



A cowboy rides after a hard day at the Canadian Western Aggriation in 1953. LEADER: WASH. POST/BOB ROY/ALTA

But balancing that, things are going very well for livestock producers. That means more entries for AgriMarket's livestock shows, says Seymour. "The show is continuing to expand."

♦ ♦ ♦ ♦

Such success does not go unnoticed. Bruce Stephenson's 1890 book on the first 20 years of AgriMarket noted that his owner had citizens and provincial government support for their show and contacted customers from one of their readers in Alberta noted this had forestalled a plan to create a major league livestock show in Calgary. A decade later, then mayor Larry Seidenor said stranger to see business leaders in his previous job as farm commissioner as CIBC-TV learned that a group in Calgary or Edmonton was trying to lure away AgriMarket or start a rival show. Nothing had been put on paper but Seidenor said recently that, "It felt gladdened to enough to the point where we considered what we were going to do about it."

What would have tipped the scales was that the federal agriculture department had only as much money to spend on sponsorship and awards, and "the government had already decided that AgriMarket was the western show," he recalled.

To competitors like Edmonton's Pioneer International, AgriMarket has responded with gusto. Year by year there's been more inter-township (with for jousting this year) and seminars on agriculture. First Nations pre-

programming was added three years ago, and Seymour takes particular pride in Recognition of Saskatchewan Indian Nations vice chief Delbert Wagues, a ceremonial guard and mounted on a horse — getting a very welcome when he opened the show's rodeo. "And from a cowboy show" and Seymour who needs no prompting to talk about the growing importance of First Nations economic development. "These were good moments." (Readers tip the Indigenous AgriMarket to help Nov 20 2015).

But Seymour takes most satisfaction about the 6,000 school children from Regina and area who come to AgriMarket each year, racing off their horses to what, for some, is their very first exposure to Canadian agriculture.

That fits well with another of AgriMarket's goals. "Telling the food story" is a country, it's increasingly driven from how it really gets its food, how it's a big money business and how it's a full of job opportunities for those students when they grow up.

It is no coincidence that plan with the "AgriMarket More Than Ever" educational campaign recently started by Farm Credit Canada and its allies. "I think you're going to see, in the next 10 years, the growth of 'the food story,'" says Seymour, noting philosophical view AgriMarket's future. "It's looks like people wanting to know where their food comes from — who raises the food?"

As a grinning Seymour says, "It's not just a cow show."

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Christmas Eve Dec 24th @ 7:30 and 9:00
No service Christmas Day
December 25th @ 11:00 a.m.



Advent Series: Tale of Two Births
Sundays 8:30 AM Starting 2nd week
Not all ages 8:30 AM Family
Weekly Service
Eve 6:00pm Dec 7-20th
Come to Good Shepherd
AVONAL ALLIANCE CHURCH
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St. John's
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Church Services

Resurrection Lutheran Church

310 Lenora Drive

Wednesday, December 24th Christmas Eve
Candlelight Services at 7:00 pm and 10 pm
Thursday, December 25th Christmas Day
Service at 10 am and French Service at 11:15 am
ALL ARE WELCOME!

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DEC 7 @ 3:30PM
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Help us bring an old tradition to life...
Be part of a community sing-along of Christmas Carols we all love and cherish

Sunday December 14
7:30 pm - 9:00 pm
Come and Go
Free Admission
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Take a break and get into the spirit of Christmas




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November 27, December 4, 11, 18, 25
December 11 - 12:00 p.m. in Cathedral of the Holy Spirit
December 19 - 10:00 a.m. in Cathedral of the Holy Spirit

BANK SERVICE ON THE THIRDS
December 7 at 8:00 a.m.
Service by the Menzies Unitarians
Rene Baker, Carol Brown, and Neil Corbin

CHRISTMAS EVE SERVICES
December 24
No 1004 1st Avenue North
Cathedral of the Holy Spirit

Church Services

Meewasun Valley United A Solstice Gathering

Sunday, Dec. 14th 7pm - 9pm
Coffee & Banquet
Followed by Spiritual Gathering,
St. Andrew's Lounge - never heard
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Christmas Time at St. Martin's United Church

2017 Christmas Service at Meewasun

www.stmartins.org
386 343 1361

Email: office@stmartins.org

Sunday November 28, 2014

Advent Worship 9:30 & 11 am

Saturday December 6, 2014

Christmas Eve and First Day 5-7 pm

Sunday December 7, 2014

Advent Worship 9:30 and 11 am

Service of the Season Concert 7 pm

Sunday December 14, 2014

Christmas Eve and First Day 9:30 & 11 am

Sunday December 21, 2014

Advent Worship 9:30 and 11 am

Wednesday, December 24, 2014

Christmas Eve Children's Worship 10:30 am

Christmas Eve Family Worship 7:30 pm

Christmas Eve Communion and Candlelight

10:30 pm

at Meewasun Valley United Church

Knox United Church "A Century on Spadina"

Family Worship with
Children's Sunday School!

Every Sunday 10:30 am

Croft & Baskin Sale

and Chili Lunch

Saturday December 6th

11 am to 2 pm

Children & Youth

Focus Service

Sunday, December 14, 10:30 am

Advent Choir Music Service

Sunday December 21, 10:30 am

Family "Carols & Cookies"

Service

Wednesday Eve 7 pm

for a complete list of December 2014 events

386-243-8155

www.knoxunitedchurch.ca



GRACE-WESTMINSTER
UNITED CHURCH

545 - 10th Street East, 863-5786

Worship: Nov. 23rd 10:30 am

Dec. 24th Christmas Eve

Candlelight Service

7:00 pm

Grosvenor Park United Church 407 Cumberland Avenue South 386-374-7766 gpc@raskiel.net Advent and Christmas Schedule

White Gift Sunday
14 December 2014
- 10:00 a.m.

Blue Christmas Service
21 December 2014
- 7:00 p.m.

Christmas Eve Service
24 December 2014
- 7:00 p.m.
Communion

Christmas Eve Candlelight Service

December 24th, 7 pm

Circle Drive Alliance Church
3035 Preston Avenue South



cdac.ca



ON THE SCENE

RUBY SLIPPER EVENT

On Nov 16, the Inver and Helensburgh pub was packed with about 80 ladies who came out to support Habitat for Humanity and have some fun on a snowy Sunday afternoon. The Ruby Slipper event raised \$8,000 for Habitat for Humanity (Habitat for Humanity is a 100% not-for-profit organisation). Their money will go towards building a home for one Sengkong family this winter.

Each guest was asked to bring a bottle of wine to add to the Mail D. Wine and one lucky woman, Susan Ramsay, took it all home at the end of the event. In a unique twist on a clothing store party, everyone was given a bag upon arrival to fill with clothing, shoes and accessories donated by others who support the 100% or 100 Days campaign.

BRIDGE'S PHOTOS BY MICHELLE BING



ON THE SCENE



1. Barb Adelman

2. Mika Jensen and Julie Clark

3. Event organizer Leanne Fallowley

4. Valerie Adrian and Orpha Campbell

5. Mezzal Ricklin, Denise Schwan, Shirley Fallowley and Shirley Maer

6. Susan Ramsey reacts after winning the Best G. Wine

7. Rebecca May, Georgia and Rebekah Rayl

8. Allison Hunter, Shawna Nelson and Shelley Reyes

9. Charisla Butterfield, Jodi Gulash, Tara Martin and Leanne Fallowley



Shaw Toy Tree at the WDM

The WDM is proud to partner with Shaw to collect new toys for less fortunate children in Saskatoon.

The Shaw Toy Tree now adorns Boomtown at Saskatoon's Western Development Museum. We invite you to drop off a new, unwrapped toy during the holiday season. Toys will be accepted until December 15 when they will be collected and distributed. Core and Share Saskatoon Inc.

This small gesture will go a long way in making a child's Christmas a little more memorable.



306-931-1910 • 2610 Lorne Ave
wdm.ca

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thephoenix.com

SASKATCHEWAN'S BEST SPACES

Designer's home is beautifully eclectic

By Ashley Martin

WHO? Laurie Norison and her husband Coryl

WHAT/WHERE? Their 2,000-square-foot five-room home in south-central Regina.

WHY? It passes as one of the neighbourhood's more century-old homes, but this house was built just 19 years ago.

WHY? Though she says now she wished she had been "bolder enough" to build a more modern-looking home after losing the dilapidated 1890-square-foot home previously on the lot, Norison used her keen eye and background in interior design to create something that would fit into the neighbourhood.

The exterior of the home looks like it stepped right out of the 1920s. The bones of the interior though more open-concept than an authentic old design would have is still signalled into design-specific. But unlike an old home, the decor is bright and light — mid-century modern minimalist gallery.

HOW? Aside from the kitchen's dark cherrywood cabinetry, the rest of the decor is light, maple flooring and eggshell-white walls throughout the house, so as not to detract from the artwork, which takes centre stage.

Norison has been an art lover as long as she can remember. She is an artist herself and "from the time that I was getting a pay check, I've been buying art."

Her two favourite artworks are shelfboard pieces by her two sons — one is a blue plate with two butterflies. (Aside it's her most favourite piece, a John Henry Fine Day Towhee sculpture.)

PHOTOS BY DON HEALY



SPACES

"He was an artist and an emerging First Nations artist just before his stroke," said Nerson of Eric Day, who died of cancer in 2008. "So there are very few pieces that exist."

Nerson has her work by a variety of artists, including Heather Nerson, Michael Houdek, Joe Feller, David Thibodeau, Richard Gosselin and Kyle Hensman.

Her collection has a lot of a farm theme, which Nerson attributes to the fact that "almost all of the art in here is by Saskatchewan artists." She doesn't have enough wall space to display everything, so it becomes a bit of a rotation. People will come in and say, "Oh, that's a new piece," and I say, "No, it used to hang over there," so I brought it downstairs from the attic."

Off the walls, Nerson's furniture pieces are like extensions themselves. "I wouldn't buy it just as a functional piece. I'd buy it because it looks like art," said Nerson.

From the Naguchi 1940s glass table to the Frank Gehry hockey season chair to the Gino Saanen 1960s dining chair, almost no two pieces are alike.

"The furniture is mixed well. It's a bit overkill, I think," said Nerson. "Even the pillows, they're packed because each one looks like it should be there."

Nerson has channeled Jonathan Adler in her home decor.

"He has a line that style once it's done should be an anti-depressant," she said. "What I love most about it [Adler] there's little punches of color all over and there's nothing dark or gloomy about it. It's a happy home!"

Though Nerson loves all the pieces in her home, she's ready for a new structural move!

She has a new home on her drawing board — "whether or not it'll ever get built, I don't know," said Nerson — in which the exterior is a better reflection of the interior. "Door wasn't would be much the same."

"I think the art could go mainstream any interior," she said. "Our kids are away at university so a lot of the spaces don't get used. We kind of live in the family room, live in the kitchen," said Nerson. "I would have one big great room."

www.thestreetphoto.com
Photo credit: Malinika

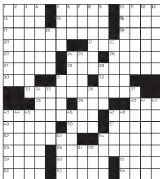


#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Attempt
5 Places for politicians work
10 Pickle flavoring
14 Magnet's "I ... fan buzz"
15 Internet giant that purchased Flickr in 2005
16 "The Time Machine" characters
17 Coffer of statistics
18 How stopper
19 Somewhat 1954 Felix
21 Prognostic person
22 Semi-automated border patrol
24 Despite for many a 50-down
26 One-third of a hip-hop
27 Cable provider
28 Noted poetess in "Annie and the Lion"
30 Pencil
31 It can take your breath away
32 Hit ... (ballad)
33 Nicole Kidman's husband
34 Beyoncé of "The Kid and I"
35 "Seven" player of the top on "The World Is Not Enough"



PUZZLE BY SAGV KROOK

- 36 Or in "Sugar, Sugar" for short
37 1980 Prince hit
40 Screenwriter, director
41 Pop singer, dancer
42 Every woman's in brief
43 "Headlines" on "Every Magazine" (5)
44 Like prepared flowers and ferns under the sun
45 Succeeded to poverty
46 Men or Moll
47 One of the original Sixty and the last of three inductees whose names is a hint to the answers to the two 48 and 49 clues

- 38 Shoulder muscle to a gymnast
39 Cornball
41 Forever and a day
42 Comes out with
43 Spanish "cheese"
44 Yellow crispup is C for short

- 7 to ...
8 Geneva chairman
9 Admiration
10 Unit of loudness
11 Randomly homeless in snow
12 "Highway" flag for team
13 Paris
14 Ukulele
15 Infamous rap battle
16 Here's parking place
17 Frequent ferrets, maybe
18 Spilled the beans
19 View from Venetian
20 Circle
21 Christian in Hollywood
22 Pays for painting

- 23 Haystack
24 Court exploits
25 Has chess for TV's "Queen Games"
26 Black jacket worn open in front
27 New engine
28 Cerebral challenge
29 As a game moves
30 Bringing off the wheels
31 Starbucks' superior
32 As a game moves
33 Bringing off the wheels
34 Starbucks' superior
35 As a game moves
36 Bringing off the wheels
37 Starbucks' superior
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45 Bringing off the wheels
46 Starbucks' superior
47 As a game moves
48 Bringing off the wheels
49 Starbucks' superior

DOWN

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JANRIC CLASSIC SUDOKU

Lovers' Gold

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and arrows of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Sudoku is the crossword puzzle and the Sudoku can be found on Page 29.

REMAI MODERN
ART GALLERY OF SASKATCHEWAN

is becoming...

Opening 2016



Calgary residents Grit and Scott McCreath are long-time patrons of the Mendel Art Gallery. The McCreaths firmly believe the arts are for everyone. To further this belief, Grit and Scott are contributing \$250,000 to the completion of Remail Modern.

To recognize their generous support, one of the permanent collection galleries of Remail Modern will be named the McCreath Gallery.

Thank you Grit and Scott for your support of Remail Modern.

For updates and information on how you can support, visit remai-modern.org

SHARP EATS

THE GLYCEMIC INDEX (GI)

GI is a scale that ranks carbohydrate-rich foods by how much they raise blood glucose levels compared to a standard food (like white bread).

Eating foods with a low GI helps control blood glucose and cholesterol levels and, therefore, it also lowers your risk for getting heart disease and Type 2 diabetes.

- Eat vegetables, fruit and low-fat milk products — these are carbohydrate-rich foods that have a low GI.

- Try low-GI foods like barley, bulgur, couscous or lentils.

- Eat at regular times and choose a variety of foods from all food groups.

- Limit sugars, salt, alcohol and caffeine, and reduce fat.

- Eat foods high in fibre.
- To find examples of low-, medium- and high-GI foods search for Glycemic Index on the diabetes site.



Laura Stuchin, a registered dietitian with the Canadian Diabetes Association, at the No Sugar Ranch dinner hosted by the CMAA Northern Saskatchewan branch in Saskatoon last week.

Researchers are also working on how to stop diabetes' early warning attack in the first place, and there's hope a bio-artificial pancreas will become available (it's in the works now).

As more researchers figure out the risk for developing diabetes through an online

risk assessment test at www.diabetes.ca/diabetes-test, the test will help you assess your diet and exercise habits, and offer ways to make changes to help stave off diabetes.

joshua@diabetesphoto.com
Photo: Lisa Smith/Star



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SAVE up to
\$610/year

in heating bills by upgrading to a High-Efficiency Furnace?*



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for over 18 Years!

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SaskEnergy
Network Member

*Based on Saskatchewan utility rebates



turn to the experts

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

MUSIC

Wed., Nov. 16

Harpdog Brown
Buds on Broadway,
817 Broadway Ave.

Dee's Sisters Red Mean
Dead
The Basement,
204 Fourth Ave. N.

Theory of a Deadman w/
Head of the Herd and Glory
bound
Orbison Event Centre,
241 Second Ave. S.

Older Trees w/ Kelly Reed
Capital Music Club,
264 First Ave. N.

Thurs., Nov. 20

Pony Boys
Crescent Restaurant &
Lounge,
1-227 Phoenix Dr.

Harpdog Brown
Buds on Broadway,
817 Broadway Ave.

Big Band Series: Jazz Educa-
tion Workshop w/ Kristin
Kirk and Brad Turner
The Basement,
204 Fourth Ave. N.

The Bruins w/ The Bruins
Amazon Centre,
632 10th St. E.

Tuini w/ Silent Sea
Vergil's Tavern,
801 Broadway Ave.

Charlie Major
Dakota Dunes Casino,
204 Dakota Dunes Way,
Wilderco

The Will to Power w/ Count-
down and Stepping Stone
The Underground Café,
430 20th St. W.

Fri., Nov. 21

John Fogarty



John Fogarty will be performing at Saskia Centre on Friday, November 18, at 8 p.m.

Sackful Centre
3015 Shetler Ave.

Upper Train
Buds on Broadway,
817 Broadway Ave.

Phon Friday: Don Griffith
Big Band Series: Jazz Educa-
tion Workshop w/ Kristin
Kirk and Brad Turner
The Basement,
204 Fourth Ave. N.

The Backsliders
Army & Navy Club,
259 First Ave. N.

The Rhythmites
Fairfield Series Cinema
Centre,
103 Fairmont Ct.

The Redies
Marilyn Robinson.

330 Eighth St. E.

3 Pack + One
Twin Town Tavern,
3330 Fairlight Dr.

Reveries of Rhythms &
Shadow and Out Element
Orbison Event Centre,
241 Second Ave. S.

Discent Night
Amigos Centre,
632 10th St. E.

Mullgrub w/ Basic Nature
Vergil's Tavern,
801 Broadway Ave.

We Were Lovers
Capital Music Club,
264 First Ave. N.

Jett Blue
Starr's Place.

106-110 Ruth St. E.

Mudd Brothers
Peggy's Pub and Grill,
1403 10th Ave. Dr. N.

Sat., Nov. 22

Upper Train
Buds on Broadway,
817 Broadway Ave.

Piano Saturdays: Maurice
Orville
Big Band Series: Jazz Educa-
tion Workshop w/ Kristin
Korb and Brad Turner
The Basement,
204 Fourth Ave. N.

The Backsliders
Army & Navy Club,
259 First Ave. N.

Gerts Night: Ralph's Rhythm

Kings
Downtown Legion,
606 Spadine Cres. W.
Lady Hawk
Nutcase Legion,
3021 Louise St.

Reynolds and Lyman's Roth
Marilyn Robinson,
2030 Eighth St. E.

Fairfield w/ Tokyo Police
Club and Said the Whale
Orbison Event Centre,
241 Second Ave. S.

Higgs w/ Louisa and Saman-
the Savage South
Amigos Centre,
632 10th St. E.

Worth Beards w/ Drunkus,
Drunkus, Goosehammer and
Beats
Vergil's Tavern.

801 Broadway Ave.

Whale and the Wolf
Black Bottom
836 Broadway Ave.

Jett Blue
Starr's Place,
106-110 Ruth St. E.

Mudd Brothers
Peggy's Pub and Grill,
1403 10th Ave. Dr. N.

Ben Adair
Buddy's Bar & Grill,
134 Phoenix Dr.

Sun., Nov. 23

A woulda Night: Mena B and
Freight Train
Buds on Broadway,
817 Broadway Ave.

Reets Series: The Midnight
Scen
The Basement,
204 Fourth Ave. N.

Tootrock presents: Anti-
work as Leaders and Devils
Forward Project w/ Man-
agements
Orbison Event Centre,
241 Second Ave. S.

Beltona Lounge
Village Gallery & Amp,
632 20th St. W.

Mon., Nov. 24

Dick Musicians
Buds on Broadway,
817 Broadway Ave.

Tues., Nov. 25

Dick Musicians
Buds on Broadway,
817 Broadway Ave.

ART

Affinity Gallery
Until Nov. 29 at 813 Broadway
Ave. It's a Show in Functional
and sculptural clay pieces by
Saskia Tene, Artistic talk Nov.
20, 7 p.m. to 9 p.m.

EVENTS

Mural Art Gallery

Until Jan. 4 at 950 Spadina Cross. S. Modern Visions: The 50th-anniversary exhibition, Modern Visions, presents about 150 works from the permanent collection. Age Alive: Images of Positve Aging runs until Nov. 30. A photography exhibition presented in partnership with the Saskatchewan Council on Aging. The gallery is a producer of the public symposium, *Stronger than Stars*, (dis)covering the Indigenous Monument, Nov. 23-24, at Wapadewan Heritage Park. Register at strongerthanstars.org

Gordon Snelgrove Gallery

Until Nov. 21 in floors 101 of the University of Saskatchewan's Murray Building. Mind's Eye by Kathryn Froese. Reception Nov. 20, 7 p.m. to 10 p.m.

Winnipeg in Hastings Park

Until Nov. 21 at 699A Homer Rd. *Working with Our Sisters* A commemorative art installation for the missing and murdered Indigenous women of Canada at 699A US.

St. Thomas More Gallery

Until Dec. 10 at 1437 College Dr. *Everyday... by David Dyck*. Reception Nov. 21, 7 p.m. to 9 p.m.

Stellan Arts Centre, Sea-then

Until Nov. 20 at 101 Railway Ave. in Rosheim Park. *Greenish*, a touring exhibit of OSAC's art on the Moon, and *Remembrance* (diptych), historical photographs.

Gallery on Third, Wetruus

Until Nov. 23 at 102 Third Ave. E. *Wetruus: Drawings from the Land of Living Skins*, an OSAC touring show.

AKA Gallery

Until Dec. 5 at 434 20th St.



Something is Coming Up by Anne McElroy on display at Frances Morrison Gallery, Saskatoon

W. Warner Winans: Into the Silence by Mary Langman. An installation in SAK's new rooftop space. Transformation by Jo T. Arnold and Shelley Niro-nano until Dec. 5. Opening reception for both shows: Nov. 22, 6 p.m., in collaboration with the reception for the *Scrumper* Than Stans Symposium.

Private Arts

Until Dec. 12 at 424 20th St. W. *Testimony* by K.C. Adams and Terrence Hovine. Opening reception Nov. 22, 6 p.m., in collaboration with the reception for the *Scrumper* Than Stans Symposium.

The Studio on 26th

Nov. 23, 12 p.m. to 3 p.m., at 230A 26th St. W. *Art Open Studio*. Works by Shigeki Akiba, Heidi Auk, Nadia

Brodshaw, Jan Corcoran, Ron Fraser, Jane Harrington, Miranda Jones, Brenda Konnelly, Karen Magnus, Anita Welfy and Carol Wyke.

Centre East Galleries

Until Nov. 22 at The Centre. Display by the Saskatchewan Public School Board in the Magnus and Ingea Galleries. Students of Quinlan Chard in the Royal Gallery. Art by Cindy Edwards in the Jade Gallery. Art by the Brize City Artists in the Amber Gallery. Display by the Saskatchewan Quilts Club in the Glass Gallery. Art by Joanne Perry in the Crimson Gallery. Display by The Royal Canadian Legion in the Waverley Gallery.

SCVLP Gallery

Until Nov. 28 at 253 Third

Ave. S. *Cambridge and Me*, photographs by Mural Art.

The Gallery at Frances Morrison Centre Library

Until Nov. 28 at 211 22nd St. E. *Pulse* by Anne McElroy. New, expressive mixed media works.

Danell Hall Gallery

Until Nov. 29 at 400-100 2nd St. E. *Rebels* - Drawing by Danell Hall.

Artcity Gallery

Until Nov. 29 at 913 Broadway Ave. It's a Show in functional and sculptural clay pieces by Sask.陶.

Handmade House Showcases

Until Nov. 29 at 110 Broadway Ave. The Elemental Garden, small pieces by Saskatchewan quilter Dorothy Bowen.

House Art Supplies

Until Nov. 30 at 888 Lorne Ave. *Artworks by Monica Stern*

Paloma Star Gallery

Until Nov. 30 at 1338 Eighth St. E. *Point of Departure* by David Shiokey and Empty Vessel by Chris Hodge.

Kulung Fine Art

Until Nov. 30 at 1038 Eighth St. E. *Point of Departure* by David Shiokey and Empty Vessel by Chris Hodge.

Black Space Gallery

Until Nov. 30 on Hwy 2 at Northside. *The Sweet Faced* Through the Eyes of an Artist.

Saskatoon City Hospital

Gallery on the Bridges Until Nov. 30 on the sixth floor of the atrium at the Saskatchewan City Hospital. Art by Lynne. An eclectic mix of

works reflecting Dr. Lynne Lettice's exploration of style as a new artist.

Art in the Centre at

Markings Centre Through November at 110 Quipper Cres. Works by the Saskatchewan Painters Club.

Rouge Gallery

Until Dec. 7 at 200-243 Third Ave. S. *The Silence of Stone* by Blake Ward. An exhibition of figurative sculpture in marble and bronze.

The Gallery at Art Place

Until Dec. 10 at 228 Third Ave. S. *Thick & Thin* Abstract paintings by Robert Christie, Jonathan Houtart and William Pothollet.

Humboldt and District Museum and Gallery

Until Dec. 30 at 601 Main St. L. in Humboldt. A Local Perspective by Miriam Veldman. An exhibit of wildlife paintings.

Eye Gallery

Until Dec. 24 at 111-132 College St. 14. *S&B: Photographs*

Funky Petals

Until Dec. 31 at 212 Third Ave. S. A collection of framed photographic artworks by Sharon Gaskin.

Uplink Museum of

Canada Until Jan. 31 at 910 Spadina Cross. E. *Drawing in Uplink*. Travel photographs by Andrea Haddock and Karen Haddock.

Western Development

Museum Through April 2015 at 2010 Lorne Ave. *Big Art Travelling Exhibit*. In partnership with the Royal Saskatchewan Museum. A 50 million-year-old crocodile skeleton brought back to life through 3D modeling.

FRIDAY
DECEMBER 5
5:00 pm - 10:00 pm

SATURDAY
DECEMBER 6
10:00 am - 10:00 pm

SUNDAY
DECEMBER 7
11:00 am - 5:00 pm

SaskTel Centre
(formerly Credit Union Centre)
Saskatoon

\$8 per Adult
\$12 for Two-Day Pass
Children under 12 FREE
(when accompanied by an adult)

www.sasktelcentre.ca

EVENTS

FAMILY

Stay and Play

Tue days and Wednesdays, 9:30 a.m. to 11:30 a.m., through April. For children up to age five. Semi-structured, crafts, snacks, story time, toys, activities. Email stayandplay-saskatoon@tmsl.com or visit the Facebook page.

Saskatoon Peaceful Parenting Group

Nov. 12, 10 a.m. to 12 p.m., at the Pregnancy and Parenting Health Centre, 346 Third Ave. S. For any family seeking to raise their children peacefully. A different topic each month. Children are welcome.

LLCC Sun Karate Daytime Series Meeting

The third Wednesday of the month, 12:30 p.m., at Saskatoon Mother's Centre at Station 20 West, 201-830 20th St. or all women interested in breastfeeding are welcome. Call 306-655-4450 or email lscsaskatoon@gmail.com.

Stars and Stripes

Wednesdays, 7 a.m. to 9 a.m., Centre Cinema in The Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select stories.

CFA Circle and Play

Daily, 10 a.m. to 6 p.m., in Bay 4 at 6105 South Railway St. W. in Neuman. Saskatoon's largest and oldest play area. For children up to age 12. Visit circleandplay.com or their Facebook page.

Pink Factory Indoor Playground

Daily at 1630C Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced-in area for children under two.



Check out our event listings for various family play activities throughout the city. **PHOTOGRAPH BY GARY HALLIDAY**

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the Food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Seashore Indoor Playgroup

Thursdays, 9:15 a.m. to 11:15 a.m., through May, at Immanuel Baptist Church, 1446 Acadia Dr. Parent-supervised playgroup for kids up to age five. A bounce house and inflatables for kids. Designated infant play area, coffee/tea for parents. Registration on arrival. Information at saskatoonig.com.

also on their Facebook page.

Swivel Feeding Cafe

Thursdays, 9 a.m. to 7:30 a.m., at WestWind Primary Health Centre, 2011 Fairlight Dr. A drop-in support group for breastfeeding women.

Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

Movers for Mommies

Thursdays, 10 p.m., at Rainbow Gymnastics in The Centre. An infant-friendly environment with reduced sound, change tables, bottle warming and stroller parking.

Shop 'n' stroll

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes

consist of power walking, body-sculpting moves using exercise tubing and a socializing for parents and babies. Pre-registered at www.saskatoonfitness.com. No classes on set holidays.

Baby Tots at 6PM

Fridays, 10:30 a.m., at Alice Turner Gym, Monday, 10:30 a.m., at Carlyle King Bank and 35 Woodbine, and Tuesdays, 10:30 a.m., at Cliff Wright Church. Half-hour singing and fitness, then mingle with other parents.

Training Dragons Mini-Golf

Nov. 23 at the Beaver Creek Mall. The fourth Sunday of each month in 2016, admission is free. Courtesy of the Women's Club of Saskatoon.

Register by Nov. 10 for an early bird discount.

Craft and Story Time

Saturdays, 10 a.m., at Indigo Books, 3332 10th St. E. in the kids section. Call 306-344-9397.

Winter Bird Feeders

Nov. 23-25, 10 a.m. to 4 p.m., at Mendenhall Valley Centre, 422 Third Ave. S. Come in and make a bird feeder for the winter birds in your yard open to everyone.

Kimmens Day at the Museum

Nov. 23 at the Children's Discovery Museum in Market Mall. The fourth Sunday of each month in 2016, admission is free. Courtesy of the Women's Club of Saskatoon.

Family Artmaking Workshop

Nov. 23, 2 p.m. to 4 p.m., at the Mendel Art Gallery with

exhibiting artist Grant McConn. Materials provided.

Prenatal Yoga

Wednesdays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 346 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby-friendly class with a certified yoga teacher. Suitable for four weeks to five years postpartum. Register at margaretville.com/yoga with complimentary. No class on set holidays.

Generation Light Source

(ELS) Public Tours. Mondays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Registration is required. Call 306-655-3844, email [Outreach@lightsources.ca](mailto: Outreach@lightsources.ca) or visit lightsources.ca/education/public_pgm.php.

Breast of Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 346 Third Ave. S. Taught by a doulas and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-331-0443 or email register@bfy.ca. No classes on set holidays.

Nativity Years

Monday/Nov. 1, 7:30 a.m. to 9:30 a.m., at Pregnancy and Parenting Health Centre, 346 Third Ave. S. A comprehensive childbirth education series, inspiring parents for the birth of a child. To register visit birthyear.ca.

Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Trinity-Waterfront United Church. Led by Shelia Harris Learning Community, a group of families inspired by Waldorf philosophy. Programming is aimed at children ages two to five, but all ages are welcome.

EVEN5

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at McNally Robinson, 2030 Eighth St. For children ages three to five in the Circle of Three. Call 306-955-1477.

Training Diagona Mini Camp

Nov. 21-23 at Beaver Creek, Hosted by OSA Saskatoon. For ages eight to 16. Watch how to train your Dragon and explore all the themes, human rights, diversity, conflict and resolution. To register email osa.saskatoon@gmail.com or visit www.osasaskatoon.org.

BRICKS 4 KIDS® Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique emotions, play games, and have fun using LEGO® bricks. Visit saskatoon4kids.com or call 306-979-2349.

Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at saskatoonlibrary.ca/circle/1916

SPECIAL EVENTS

Saskatoon Farmers' Market

Open year round. Wednesday and Sunday 10 a.m. to 3 p.m., and Saturday 8 a.m. to 2 p.m., farmers are in at all times. Tuesday to Friday, 10 a.m. to 3 p.m., and Saturday and Sunday during market hours, food service and specialty shops are open. Information at saskatoonfarmersmarket.org. Contact 306-384-6283, sfr@sasktel.net.

ICCG Film Series: Two Worlds Colliding: Where Are We Now?

Nov. 10, 7 p.m., at Broadway Theatre. A screening and panel. Director Tasha Hubbard will moderate a community panel following the film. Admission

is free. Information at Sobrina, info@sobrina.ca.

Maytag Carpet Bowling

Wednesday, 10 p.m., at Maytag United Church. Beginners and experienced players are welcome. For information call 306-650-2151.

Christmas Craft and Bake Sale

Nov. 20, 10 a.m. to 2 p.m., at Sherbrooke Community Centre in the Tasean Centre, 421 Anselm or Hostessery Sherbrooke Community Day Program. Crafts, baking, jam, and jewellery.

Soup Sisters and Bread Brothers

Nov. 20, 6 p.m. to 9 p.m., at SASST, 1330 46th St. or 46th St. An evening of cooking, eating and giving. Local chefs prepare a meal for participants, and assist participants in making about 200 loaves of bread for women and children escaping family violence. Registration is required. Transport and see more dates visit saskatoon.org.

SBC Dinners

Thursday, 7 p.m., in room 13 at Albert Community Centre, 610 Clarence Ave. S. Saskatoon International Immigrant Club. Learn dances from many countries around the world. First night is free. Visit www.saskatoon.org.

Conveying the Message of Change

Nov. 20, 7 p.m. to 9 p.m., in the multipurpose room at Statton 36 West, 1330 46th St. W. Don Kosack shared his first-hand experience and stories of some last jobs and fishing for people's rights. With an art poster projection. Refreshments available by donation.

Lynxlights

Nov. 20, 7:30 p.m., at the South Studio in the La Cof S Mitchell Building. Produced

by the Classical, Medieval and Renaissance Studies colloquium series. Scenes from Aristophanes' *Lysistrata*. A reception will follow in the Museum of Antiquities. Admission is free and donations are accepted.

Le Chateau des Plaines Rehearsal

Thursday, 7:30 p.m., at L'Esprit canadienne Theatre, 1601 Albert Ave. Sing and socialize in French. With chair director Michael Harris and accompaniment by Michel Frenon. Information at 306-343-0640, 306-343-0640.

Regional and Urban Planning Student Auction

Nov. 21, 6:30 p.m. to 10 p.m., at Keweenaw, 30 Clarence Dr. With a beer bar and an after party. Proceeds support University of Saskatchewan students heading to a Canadian Association of Student Planning Conference in November. Feb. 5-7. Tickets at the door.

Story Circle for Adults

Third Friday of the month, September to June, 7:30 p.m., at the Union Centre, 218 Second St. E. Bring a story or come to listen. Potluck snacks are welcome. Admission is free and donations are accepted. Nov 21 theme is Lost and Found, Searching and going North. Queens bag and snail.

BHP Billiton Inactivated for-est Holiday Lights Tour

Nov. 22 to Jan. 10, 5:00 p.m. to 11 p.m., at the Saskatchewan Forestry Farm Park & Zoo. Light walks Nov. 21 and Jan. 10, 5:00 p.m. to 9 p.m. The drive-through Christmas display celebrates 15th anniversary. Thanks and presents at Souffery, Shoppers Drug Mart, Midtown Plaza or at the patio. Funds raised support the Saskatoon Zoo Foundation and the Saskatoon Hospital Foundation.

Authentic Amish Cooking



COOKING BOOK: AUTHENTIC AMISH

Pizza Dip

1 lb or pkg. Cream Cheese
1/2 C. Sour Cream
1 L. Oregano

1/2 Red Pepper
1/2 Garlic Powder

Ingredients:
1/2 C. Pizza Sauce
1/2 C. Parmesan, topped

1/2 C. Green Pepper, chopped
1/2 C. Onion, sliced



Heat Cream Cheese at room temperature. Combine all ingredients then add 1/2-1 C. Shredded Mozzarella Cheese. Bake 5 minutes. Longer. Serve warm with Ritz Crackers.

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EVENTS

West Coast Living Building
Wednesday
Every second Wednesday, 9
a.m. to 11 a.m., at Loufy's Pub,
63 Campus Dr. Learn to swing
dance.

Craft and Book Sale
Nov. 22, 9 a.m. to 2 p.m., at
McClure United Church, 1825
Taylor St. E. Crafts, books
and baking. Pancake break-
fast, 7:30 a.m. to 10:30 a.m.;
lunch, 10:30 a.m. to 1:30 p.m.

Indoor Garage/Make Sale
Nov. 22, 9 a.m. to 3 p.m., at
Arbor Green, 1430 Ave. M. S.
Garage sale with a make sale
table. Swap and/or land
available for sale. Everyone is
welcome.

Hortense Craft/Antique Sale
Nov. 22, 10 a.m. to 5 p.m., at
418 10th St. E. Handmade
craftwork, jewelry, refinished
vintage furniture, cushion,
jars, scarves and socks.

Christmas Tea and Bake Sale
Nov. 22, 2 p.m. to 4 p.m., in
the lower hall at St. Andrew's
Presbyterian Church. Adminis-
tration includes dessert and
coffee or tea.

Hortensia Host Dinner & Dance
Nov. 22, 7 p.m., at Capital
Music Plaza, 244 First Ave. N.
Featuring Reuben She-Hol-
man, The GR8 Pickers, River
Stokers and Adrienne Ninety-
Nine. With a hot meal, door
prizes, a 50/50 draw and a
silent auction. Tickets at the
door. Proceeds support North
Shelburne's Family Resource
Centre.

The Somewhat Clean Bingo
Nov. 22, 6:30 p.m. to 11:30
p.m., at River Place Casino Cen-
tre, 224 15th St. W. Hosted by
Respected Burlesque Club Jinx
Jill Naughty Bingo, but with a
twist: With prizes, a half-time
show and songs. Admission
at the door. A 19+ event.



The yearly Festival of Trees event with a colourful display of decorated trees and Christmas music. Nov. 22-26 at the Western Development Mall. (The Photo by Gail Auland)

Proceedings to the First Row
Dance Theatre Company

A Haydn Symphony
Nov. 22, 7:30 p.m., at TCU
Place, 54 Sunnyside. Celebrating
Christina's Masters Series
featuring pianist Thomas Yu
and guest conductor Adam
Johnson. With works of
Bach, Mozart and Haydn.

**Grayslake Singers and
University Chorus Winter
Concert**

Nov. 23, 7:30 p.m., at Knox United
Church, 1001 York St. W. Cla-
rienne and Era. With seasonal
choral music, including con-
temporary arrangements and
spirituals. Tickets at McNelly
Robinson, choir members or
at the door.

**A8-Yee-Car-Bat Parody
Night Performance**

Nov. 22, 9:30 p.m. to 11:30
p.m., at St. Paul's Lutheran
Church, 627 Taylor St. E.
Presented by the U of U's Gay-
straight Singers. With enter-
tainment and a photo booth.
Tickets from their members.

**Public Symposium: Stranger
Than Strangers**

Nov. 23-24 at Mountbatten
Heritage Park, 140 Inverness
The Indigenous Monument
An international symposium
bringing together world re-
nowned artists and thinkers.
Featuring Rebecca Belmore,
Jennine Graham, Candice
Huskins, Neil McLeod, Paul
Chad Smith, Adrian Stom-
xon, Michael Tuccillo and Jeff

Thomas. Register at stranger-than-strangers.org

**Festival of Trees: A Fairy Tale
Christmas**

Nov. 23-26, 9 a.m. to 9 p.m.,
at the Western Development
Museum. Trees on display,
Gingerbread Lane, Once
Upon a Storytime, wreaths,
entertainment, and the new
Capture the Magic Photo Stu-
dio, with Top Story and Frozen
displays. Visit festival-of-
trees.com. Raising funds for
The Saskatchewan City Hospital
Foundation. Visit wcdm.ca
store.html

**Off-Broadway Farmers' Mar-
ket, International House,
and Bldg**

Tuesday, 11 a.m. to 6 p.m., in

the basement of Grace-West-
minster United Church, 305
10th St. E. Offering a variety of
locally produced food, cloth-
ing and accessories from in-
dus. art projects, baking, and
Indio dishes. New vendors
welcome. Call 306-964-2940 or
email psd@hermonji.com

Tonight's Playlist
Nov. 23, 7:30 p.m., at The
Woods Ale House, 145 Second
Ave. N. Community Stage
featuring Big Gavins.

Cash Old Time Dancing
Second and fourth Tuesday of
the month through April, 7:30
p.m. to 9:30 p.m., at Grace-
Westminster United Church,
305 10th St. E. Hosted by

Saskatoon Performer Group
Club. Enter dances for the
first hour. Call 306-374-9363
or 306-362-9107.

Concert Night
Nov. 23, 9 p.m., at Pizzaz's Pub
and Grill, 1443 Ingham Dr. N.
With live music.

Sing Choirs of Angels
Nov. 26-28, 7:30 p.m., at
Knox United Church. The
Saskatoon Children's Choir
sings a Christmas concert.
With guest musicians. Tickets
at McNelly Robinson or at the
door.

Giving Women Day
A Dress for Success event.
Women are encouraged to
donate gently used profes-
sional shoes to help disad-
vantaged women improve
the workforce. Shoes can be
dropped off at Donald's Foot-
wear throughout November
and donors can enter to win
a \$1000 store gift certificate.
The Dress will be held Dec. 2.

Jingle Bucks
Wed. Dec. 14th Broadway
Ave. Enter to win from \$100
to \$500 in Jingle Bucks at par-
ticipating Broadway Avenue
merchants. Jingle Bucks can
then be spent at Broadway
stores.

THEATRE

The Play-Me Improv Comedy
Nov. 21, 8 p.m., at La Mer
133-306 Fourth Ave. N.
The improv comedy troupe per-
forms. Admission at the door.

Abolishing Awe
Nov. 21-22 at Wetmore Civic
Centre in Wetmore. A dinner
series presented by Salt-
water Players. Tickets at The
Wetmore Royal Hotel.

*Event listings are free, unless an
admission fee is charged. Listings are
printed in the order in which they
are received. For more information,
visit www.staffordshirecourier.com*

ASK ELLIE

Don't wait for someone's other relationship to fail

Q Seven months ago I met a man and we hit it off instantly. But I made it clear that due to my high stress at work, I wanted a casual open relationship. We agreed.

We've been sexual from the start, and be respectful of physical bound-aries, eager to please, communicative and has a sense of humor. He is such other regularly, but only one friend knows about it.

We've also been supportive emotionally and cheerleader. I still don't complain to me about relationship problems with the other woman he's seeing.

Initially, I was content with this. But recently, he falls for her. This is new for me—previously I've never needed to be too attached during cohabitation.

But he's made me feel more so terrible and accepted. She anyone else did, I must have to accept, not.

I told me and he asked what I person, we do next. He doesn't want to leave the other woman, but he's indicated that if I forced his hand, he'd

Ask Ellie



choose me.

I hate ultimatums, but I don't want to share him. Should I wait for his other relationship to end, as it inevitably will?

Ellie asks: Jealousy or Not?

A You're finally ready for commitment, so sharing him will make you jealous, angry and cause arguments between you two.

You're greedy—no ultimatums, no waiting it out. Tell him you're ready for both of you to play forwardly being together. You understand if he can't do that. But you cannot date casually any more, so you're ending the relationship.

If not a plan for him to choose you. It's an honest choice to walk away before your dates become painful, or worse, abusive.

He may not immediately choose you. I may take several months apart before you both know for sure which or not that could be a lasting union. But it'll be the best way to find out.

Q My wife's daughter is 32, born and educated, office, at long-distance with her mother. She's also a single mother. Whenever we see her and the child, who's only four years old, there's fighting and tension.

But my wife will never act in this because she knows she'll be cut off from her granddaughter. I feel like a lion tamer in her background, but if I say I have to be elsewhere, my wife gets hurt and her daughter gets mad. I think things are only going to get worse.

A Yes, if they get worse if you don't speak up. If doing that risks your relationship with either of them, better

now than when your resentment's escalated.

Will she ever be affecting you, and affecting the child, too? This single mother and child need loving grandparent attention. Tell the daughter that you want to continue to be in the girl's life but can't accept constant tension.

Also talk to her mother. There's clearly another battle that's silent between her and her daughter.

It likely has to do with disapproval and criticism on the mother's side, with defense and defensiveness from her daughter.

That may lead to a blow-up and possible split between them one day, whether or not you're around.

But change is possible if your wife takes the lead and backs off the arguments. It's hard to battle when only one side's fighting.

Tell her if she wants to ensure ongoing contact with her granddaughter, then it's up to her to make it happen. And finally counseling between them would benefit all of you.

Q This boy and I became official 18 months ago, but split up repeatedly once during which he found another partner.

For the past six months, we've been having sex but aren't in a relationship. He doesn't want to because of his past always being loyal. He may be doesn't want to mess things up again, so doesn't like the relationship title.

He calls me his girlfriend with family and close friends, but seems embarrassed about it with certain people.

I want a relationship sometimes. I know he's having other girls. I feel like I'm being used for sex.

But if I don't have sex with him, he wouldn't leave me. He'd have sex with someone else behind my back. If I end it, I know we'll make up again.

A Cuck of love. This isn't about love, but your lack of self-respect and his selfish behavior. He cheats because he can, because you keep taking him back. Be confident that you deserve better. End it, period.

BRA CLINIC

No Fitter Fee, No Shipping & Handling! A product available at the time of fitting for purchase.

Now representing the Tabbara Jeannique/Leanne

WOMEN NEED TO KNOW ABOUT HEALTHY BRAS

Have you gone on a bra shopping trip, only to be frustrated, walking away empty handed? Jeannique International, founded in 1989, manufactures health bras based on the engineering of the Golden Gate Bridge (balanced load suspension). Shirley McKinnis (International Executive Director), a Certified Bra Fitter, is coming to Saskatoon for a 2 day Bra Clinic. Bras on the market with hills and bays may look nice, but they are not doing their job (85% OF WOMEN ARE WEARING THE WRONG BRA). A woman needs support from beneath the breast tissue. The Tab and the Jeannique/Leanne Bra both fit small to full figure, sports, maternity and mastectomy - 200 sizes and 3 styles to choose from 30A - 60K, no underwire, no wires to gouge or bruise or impeded lymphatic drainage and circulation. Does not ride up in the back or fold at the shoulders and promotes better posture. Switching to a custom fitted bra is like giving up a floppy pair of slippers for an orthotic shoe. Once women adjust to the uplift and snugness (a couple of weeks) you become a life-long client. Doctors, massage therapists, chiropractors often refer their patients to us.



FREE BRA-FITTING CLINIC

Friday, Nov. 20th 9:00 am - 6:00 pm & Saturday, Nov. 20th 9:00 am - 5:00 pm

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GARDENING

HOLIDAY PLANTS

How to grow amaryllis in time for the New Year

By Sara Williams

Always a cheery addition to the early winter amaryllis flowers have gained many a house for just about two centuries. Simple to grow and bring into flower, even those with the bluest of throats can succeed.

Purchase large, firm bulbs that show only the scars or stubs of old foliage but no new leaves. Bigger bulbs are always better, producing more flowers. Choose a pot (with drainage holes) that is 5 to 6 cm wider than the bulb. Once growth begins, the soil mass can become quite extensive. Once in bloom, the plant is top-heavy so a bonier pot (made of clay or terracotta) will over-evaluate better than a plastic one and prevent it from toppling over.

Use a light, well-drained potting medium containing some peat moss. Place the bulb on top of it to a cm or so and then fill the remaining space so that about two-thirds of the bulb is covered and one-third remains exposed above the potting mixture. Firm the soil, water well and allow it to drain. Repeat any water in the next.

Place the pot in a sunny warm room with a temperature range of 18 to 25°C. Nighttime can be slightly cooler. Water sparingly until the first shoots appear. Once growth begins, water whenever the soil is dry — ensuring that it is evenly moist but not overly wet. Do not over-water as this may cause the bulb to rot. Turn the pot every few days to ensure that the foliage growth is evenly balanced. Cuttings with larger blooms may need staking to prevent toppling over.

Pertise weekly with a complete soluble, balanced fertilizer (e.g. 20-20-20) while its active growth resumes that it is generally better to under-fertilize rather than to over-fertilize. The bulb reaches the current year's bloom, but good nutrition will ensure large, healthy bulbs and flowers for future years.

Once the flower buds begin to open, take to light rooms after getting up.



Amaryllis bulbs will start not before winter and should flower within six weeks of planting. Photo courtesy of SHARON MASON

move the pot to a cooler location with indirect light to prolong flowering and promote more intense colouring. Remove flowers as they fade.

After flowering, remove the pot to a sunny location and water and feed regularly to promote healthy dark green foliage. Wood manufactured in the leaves will enlarge and feed the bulb that has shrunk during flowering. If cared for properly amaryllis

bulbs should increase 1 to 2 cm in all under each year.

Year amaryllis can spend its summer outdoors. Plant the bulb still in its pot in a semi-shaded location. Protect from spring and fall frosts. As the leaves turn yellow, remove them with a sharp knife or a prickle stick. Bring indoors in September and store there in a cool (10°C) dry location like your garage until signs of growth ap-

pear in about two months — and begin the cycle again.

Sara Williams is the author of *The New, revised and expanded Growing the Flower Amaranth* as well as the Scotland's Rarest Plants, Park & Zoo A Photographic History. She will be leading tours in Inverness, Tain and Inverness on 2012. Call Sara at 1-888-775-3337. (sara@scotlandscare.com)

For information

This column is provided courtesy of the Scottish Horticultural Society (www.sahsociety.org.uk). Check and visit Scottish Horticultural Society for upcoming garden information sessions (10 to 30). Garden Project — a showcase of horticulture gardens around town, from training young gardeners to a family building a garden.

OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to brndas@theftspphones.com.

One winner will be chosen each week.



Last week's contest winner is Jacey Macaula. Thanks to everyone who submitted entries!



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Next week in BRIDGES

DeeAnn Mercier helps bring dignity and pride to those staying at The Lighthouse Supported Living in Saskatoon



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Contest open to age of majority legal residents of Saskatchewan. To purchase necessary skill testing, guests must purchase sale of vehicle. Amount of 100 per vehicle, retail value \$100, 100 \$100 gift cards, retail value \$100. 100 \$100 to Las Vegas, retail value \$100. (1) Apple iPad mini, retail value \$100. Applies to 100 select new 2014 & 2015 Chevrolet vehicles, including Corolla. Prizes exclude license, insurance, dealer advice, tax, duties & fees. Offer may be combined with any other incentives. SMP may modify, extend, or terminate this offer at any time without notice. See dealer for details.

ON THE SCENE

NATIONAL PHILANTHROPY DAY LUNCHEON

On Nov. 14, hundreds of communities across North America came together to recognize philanthropy and the difference it can make. In Saskatoon, a record-breaking 302 people attended the 14th annual National Philanthropy Luncheon at Ponderosa Park. Guests enjoyed keynote speaker Saskatoon Police chief Clive Weighill and an awards ceremony which honored and supports our youth making a difference and the fundraising professional of the year. The luncheon which was hosted by the Association of Fundraising Professionals Saskatoon Chapter raised over \$23,000.

1. Joanne Davidson and Chelsea Jacobs
2. Awards to be handed out
3. Dennis Kruger, Randy Rounce and Gord Hebert
4. Brenda Stock and Amy Stratton
5. Shelley Chalmers and Kristen Allen
6. Terrie Forrester and Faye Macosko
7. Colleen Molloy and Louisa Kent-Smith
8. Tara Akens, Belita Colvert and Susan Lemke
9. Mayor Don Iackson shares a joke
10. Gary Bowman and Kim Mease
11. Brian Tassard and Harold Empey

BRIDGED PHOTOS BY GREG PENDEE



ON THE SCENE



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- Library
- Mini-Theatre
- Games Room
- Exercise Room

Hyde Park View is transforming the concept of adult housing in Saltwater! This new 36-unit building, development is ideally located just two miles and pedestrian friendly and modern contemporary style, superb amenities and Age in Place Design.

Life-less units are pre-selling with 45 units still available in this amazing 4.5 story building. Some units are over 800 to 1200 square feet, including one bedroom plus den, two bedrooms and two bedrooms plus den units.

Design features include floor to ceiling windows that capture gorgeous views of Hyde Park, with an 257 acres of lakes, parks and walking trails right across the street! All of the "must-haves" of today's condo market are offered. Concrete also is available in all on-site businesses.

Age in Place Design includes 36 inch wide doorways and a seven foot, barrier free walk-in tiled shower enclosed in glass. Mechanical systems are at a higher standard than many condos with radiant in floor heat and central air systems with integrated cooling for each suite.

Every life-less unit features one outdoor parking stall in the secure, heated parking, with adjacent individual dry stacked storage rooms. Residents enjoy free access to the extensive attractive amenity spaces.

Assisted living services can be purchased and delivered to the site, as required. When independent living becomes a challenge, individuals can move to the specially designed care where personal care is offered 24 hours a day. Their space can move with them or stay in their life-less state. Twenty five personal care units will provide an extraordinary level of care crafted by qualified, trained personnel.

Hyde Park View offers some of the most attractive prices in the city especially when you consider the amenities and the high level of service provided to residents. The Elan Lodge Housing Group has been providing quality housing in Saltwater for more than 34 years.

NOTE: No legal fees or exit costs are required when choosing Hyde Park View!

Contact Shelley Davis at (306) 612-3338 and visit the website at www.hydeparkview.org for more information or drop by Elan Lodge (1123 Main Avenue) between 9am and 4pm to pick up a color package.

*Theresa, the
Real Estate*

www.hydeparkview.org

The StarPhoenix proudly presents
www.thestarphoenix.com

The Baby Block

...the Babies
of 2014!



The StarPhoenix annual tradition featuring babies born during the past year will be published on Saturday, January 3rd, 2015. This feature will also be posted online at thestarphoenix.com for all your family and friends to enjoy.

This feature has proven to be a favorite of our readers and a great keepsake. You can be one of the proud parents or grandparents to announce the newest member of your family.



Kiera Sheppard
Born July 9,
2014
6lbs 16 oz,
26.5" long

Daughter of
Colleen &
Paul Sheppard

Baby sister to Kaitlyn, Daren & Kelly
Proud grandparents
are Sue & Maurice Sheppard

She is our bundle of joy!

NEW
(actual size)
Include your
baby in the
cover in colour
for only \$85 +gst
(only 12 spots available)

New!

Early Bird Deadline: Friday, November 28, 2014

Regular Size: \$30 +gst/ Double Size: \$37 +gst
Include your photo in colour for only \$10, more!

After Early Bird Deadline:

Regular Size: \$40 +gst/ Double Size: \$47 +gst
Include your photo in colour for only \$10, more!

Final Deadline: Monday, December 15, 2014

Complete the attached form, include a large, clear picture of your baby and prepayment of your announcement to:

The StarPhoenix Babies of 2014

Attn: Melissa

204 5th Ave. N. Saskatoon, SK S7K 2P1

Send a large jpg photo and your wording to advertising@thestarphoenix.com

Please include your daytime and evening phone number so we can contact you for credit card payment.

Or visit us in person at our front counter Mon-Fri. 8:30 - 4:30.

For further information please contact us at: 305 657-6387 or 1 800 657-0749.

Final Booking Deadline: Monday, December 15, 2014

- PLEASE PRINT CLEARLY - Please do not include any photo larger than 3x7

If you would like your photo back, include self addressed stamped envelope.

Daytime Phone _____		Home Phone _____	
Customer Name _____		City _____	
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Select from the following options (only 12 front page announcements available):			
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Color _____	Black & White _____	Size _____	Size _____

BABIES NAME (AS IT WILL APPEAR IN PRINT):

Date of Birth _____	Weight _____	Length _____
Check one for your choice of printing		
Proud parents _____	Son's _____	Daughter of _____
First/Last/Name of Parents _____		
Or specify alternate wording - "Grandson of Bill and Jean Smith"		
If you choose the Front Page or Enhanced Size option please include any additional words up about your baby that you would like included in the announcement.		

Maximum words for Front Page 30 words	Payment Method: Max _____ MC _____ Amex _____ Cheque _____
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